

City of Norwalk Social Services Department Schedule of Events



Autumn 2013

The City of Norwalk's Official
Social Services & Senior Center
Schedule of Events



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Important Phone Numbers

Norwalk Social Services Center.....	929-5544
11929 Alondra Boulevard	
Norwalk Senior Center.....	929-5580
14040 San Antonio Drive	
Norwalk Child Development Program.....	462-1713
11929 Alondra Boulevard	
Social Services Staff	
Veronica Garcia	
Director of Social Services.....	929-5544
Elizabeth Rock	
Recreation Supervisor.....	929-5580
Mike Stifel	
Senior Services Coordinator.....	929-5579
Gabriela Regalado	
Child Care Program Manager.....	462-1713
Gloria Mendoza	
Children's Dental Clerk.....	929-5544

Dispute Resolution Program.....	929-5603
(A.A.R.P.).....	(800) 424-3410
ACCESS Services (Paratransit).....	(800) 827-0829
Alzheimer's Association.....	(800) 660-1993
Child Abuse Hotline.....	(800) 540-4000
Community Legal Services.....	(800) 834-5001
Dial-A-Ride (Customer Service).....	929-5550
Dial-A-Ride Reservations.....	929-7512
Elder Abuse Hotline.....	(877) 477-3646
Family Caregiver Supporter Program.....	(800) 510-2020
Home Delivered Meals	
(Oldtimers Foundation).....	(323) 582-6090 ext. 223
Info Line (LA County).....	(800) 339-6993 or 211
In-Home Supportive Services.....	(888) 944-4477
Long-Term Care Ombudsman.....	(800) 334-9473
Medi-Cal, EBT (Food Stamps).....	(866) 613-3777
Medicare.....	(800) 633-4227
Retired Senior Volunteer Program.....	907-6545
Social Security.....	(800) 772-1213

Norwalk City Council

Mayor - Luigi Vernola

Vice Mayor - Marcel Rodarte

Councilmember - Cheri Kelley

Councilmember - Mike Mendez

Councilmember - Leonard Shryock



All telephone numbers in this brochure are within the (562) area code, unless otherwise indicated. Please visit us at **www.norwalkca.gov**

Norwalk Senior Center



Norwalk Senior Center • 14040 San Antonio Drive • 929-5580

When you walk through the doors of the Norwalk Senior Center, you will become part of a group of vital individuals. Classes, health screenings, fitness activities, arts, games, weekday lunches, and more are offered on a regular basis. The center meets a wide variety of interests for adults age 50 and older. Social Services personnel are available to offer information and referrals for a variety of subjects. Opportunities to volunteer are also available. The Norwalk Senior Center offers an abundance of unique experiences that are sure to capture the hearts and interests of those who visit. Be sure to pick up a copy of our newsletter, "On the Go."

Center Hours

Monday - Friday 8:00 a.m. - 7:00 p.m. • Saturday 8:00 a.m. - 5:00 p.m.

In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Monday, September 2, Monday, November 11, Thursday, November 28, and Friday, November 29, 2013. For information regarding programs or services, please call 929-5580.

Tours

The Norwalk Senior Center has some fantastic trips for you! Enjoy the comfort of a deluxe bus as you travel to fun and interesting places. Tour registration must be made in person at the Norwalk Senior Center. Cash, check, or money orders are accepted. Space is limited. All tours are open until filled.

Pumpkin Junction

Date: Saturday, October 19, 2013

Depart: 8:30 a.m.

Return: 5:00 p.m.

Cost: \$50 per person

Location: Fillmore, CA

Lunch included

Walking required: High



Your day begins with a drive through the back roads of Ventura County to the little town of Fillmore. Here you will board the "Fillmore & Western Railway." Relax in the 1930's vintage dining car as you travel through citrus and avocado groves. When you arrive at the Loose Caboose Garden, you will have a chance to pick your own pumpkin, enjoy the festivities and shop. Each guest will receive a voucher for lunch at the BBQ Booth. You will return to Fillmore by train and by bus to Norwalk. Norwalk *resident registration will be taken Monday, September 9 at 9:00 a.m. Open registration begins Monday, September 16. Numbers will be distributed at 8:00 a.m. (One number per person).

***Photo identification with proof of residency required**

Pilgrim Festival

Date: Saturday, November 9, 2013

Depart: 10:00 a.m.

Return: Approximately 5:00 p.m.

Cost: \$40 per person

Location: Claremont, CA

Walking required: HIGH

Lunch included



Nestled in a setting of birches, elms and autumn foliage, the Pilgrim Place celebrates with its 65th Annual Pilgrim Festival. The day is yours to visit the marketplace with more than 35 booths selling everything from plants to stain glass and fine art. You will even get to take a ride on the "Mayflower on Wheels." A lunch is included midway through the day and you will have a front row seat at the sing-along Pilgrim show. Everyone gets a free whole Pumpkin Pie to take home. Norwalk *resident registration begins Monday, September 30 at 9:00 a.m. Open registration begins Monday, October 7. Numbers will be distributed at 8:00 a.m. (One number per person).

***Photo identification with proof of residency required.**

Special Activities



Grandparents Dance

It's time to celebrate everything grandparents do! So come and enjoy an afternoon of music and dancing! Snacks will be available for purchase.

Date: September 21 Saturday, 1:00 – 3:00p.m.

Cost: \$3

Holiday Dance

The air is getting colder, the holidays are here! It's time to celebrate with friends we hold so dear! Join us at the Senior Center for an elegant evening as we celebrate the holidays. The evening will commence with your choice of a Prime Rib (Queen Cut) or Roast Turkey dinner, catered by Chris' & Pitt's, followed by a traditional apple cider toast to the holidays! The Sangria Band will entertain you as you dance the night away! (formal attire recommended)

Date: December 19

Thursday, 5:30 – 9:30p.m.

Cost: \$20



Norwalk Senior Center

AARP Driver Safety Program: Two Part Class

September 14 & 21

Saturday, 9:00 a.m. - 1:00 p.m.

November 9 & 16

Cost: \$12.00 for AARP Members and \$14.00 for Non-members

Payable to AARP by check or money order only

Upon completion, you may be eligible for a discount through your automobile insurance company. Attendance at both sessions is required.

AARP Driver Safety Program: Refresher Course

October 15

Tuesday, 1:00 – 5:00 p.m.

Cost: \$12.00 for AARP Members and \$14.00 for Non-members

Payable to AARP by check or money order only

Register for the refresher course! This Course is a four hour class that condenses eight hours of information into four hours. The Refresher Course is only for those who have previously taken the two part class.

Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:15 p.m. and meal service ends at 6:00 p.m. Prizes awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

September 10

Tuesday, 5:45 – 6:30 p.m.

Theme: Summer Sunset

Cost: Early bird: \$6.00 per person. Tickets purchased after Saturday, September 7 are \$7.50 per person.

October 8

Tuesday, 5:45 – 6:30 p.m.

Theme: Autumn Leaves

Cost: Early bird: \$6.00 per person. Tickets purchased after Saturday, October 5 are \$7.50 per person.

Ongoing Activities

(FREE) Ping Pong!

Come play ping pong with us! It is free to play so bring your friends for a great workout while having fun playing ping pong at the Senior Center! Participants play at their own risk.

Ping Pong Table Schedule:

Tuesday	8:30–11:30a.m.
Wednesday	2:00–6:30 p.m.
Thursday	8:30–11:30a.m.
Saturday	9:00 a.m. – 4:30 p.m.

Karaoke Cabaret

Come one, come all, to our Karaoke Cabaret and enjoy an afternoon of singing, laughter, and fun. You can even bring your own Karaoke CD's to sing along to. Songbook available at the front desk of the Senior Center. Opportunity drawing for all brave souls who sing on stage! Now twice a month!

September 14, October 12 & November 9 Saturday, 1:00–4:00 p.m.

September 25, October 23 & November 27 Wednesday, 2:00–5:00 p.m.

Cost: Free

Meal Program for Seniors

Adults aged 60 and over are welcome to come enjoy a hot and hearty meal.

Monday - Friday at 11:30 a.m.

Suggested Donation: 60 and older \$2.25; Under 60, Fee: \$4.25

Menu available on our website.

Call 929-5544 or visit www.norwalkca.gov for more information.

Norwalk Certified Farmer's Market

Every Tuesday

9:00 a.m. - 1:00 p.m.

Excelsior High School parking lot (South side of Alondra Boulevard, west of Pioneer Boulevard). Come early to ensure the best selection of vegetables, fruits, and flowers. EBT (food stamps) are accepted.

Bingo!

Come try your luck at Bingo! Players age 18 and older are welcome.

Monday and Friday

1:15 - 4:15 p.m.

Cost: 50¢ per 50/50 Paper card

\$1.00 per paper pack (8 sheets per pack)

\$1.00 per Double Action Paper card

(Sponsored by Norwalk Senior Citizens Center, Inc.)

(Bingo will not meet Monday, September 2, or November 11 & Friday, November 29.)

Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Saturday (open various times of the day). Cardio and weight equipment is available to those age 50 and older. Orientation with staff is required prior to use. We recommend that you consult your physician prior to physical activity. Contact us today to schedule your orientation appointment.

Monday	9:00 a.m. – 12:45 p.m. & 2:30 – 6:30 p.m.
Tuesday	8:00 a.m. – 6:30 p.m.
Wednesday	9:00 a.m. – 12:15 p.m. & 1:45 – 6:30 p.m.
Thursday	8:00 a.m. – 6:30 p.m.
Friday	9:00 a.m. – 12:15 p.m. & 4:00 – 6:30 p.m.
Saturday	8:00 – 10:50 a.m. & Noon – 4:30 p.m.

Norwalk Senior Center



Computer Lab Hours

The Senior Center has a small computer lab with five personal computers available for use for those age 50 and older. There is a 30-minute use limit when others are waiting.

Monday, Wednesday - Friday	8:00 a.m. - 6:30 p.m.
Tuesday	8:00 a.m. - 2:00 p.m. & 5:00 - 6:30 p.m.
Saturday	8:00 a.m. - 4:30 p.m.

Billiards Room

Monday - Friday	8:00 a.m. - 6:30 p.m.
Saturday	8:00 a.m. - 4:30 p.m.
Cost: Free	

Pool Tournaments

Points will be awarded to Players who place 1st - 3rd. Players with the most points, at the end of the year, will be invited to the Year-End Shootout.

Level A (Advanced players only).

Every second Thursday of the month	10:00 a.m.
Cost: Free	

Registration dates are pre-scheduled open to men and women age 50 and older. Call **929-5580** for registration dates.

Level B (Novice players only)

Every third Thursday of the month	10:00 a.m.
Cost: Free	

Registration dates are pre-scheduled open to men and women age 50 and older. Call **929-5580** for registration dates.

Dances

Weekly Western Dance

Join us for the liveliest Western Dance in Norwalk. The Senior Center is absolutely jumping every Thursday night! Come hoot and holler as you dance to your favorite Western tunes.

Every Thursday
5:30 p.m.

Cost: Free

(No dance on Thursday, November 28 or Thursday, December 19)



Movie Madness

Join us for a FREE movie and popcorn! We feature newly released movies for most of our shows. Schedule is subject to change due to film availability. For updated movie schedule, please call **929-5580**.

Tuesday Movie Matinee

Every Tuesday **1:30 & 4:30 p.m.**

Cost: Free

(Second Tuesday of September & October, 1:30 p.m. movie showing only).

Saturday Movie Matinee

Every third Saturday of the month **11:00 a.m. & 2:00 p.m.**

Cost: Free

Volunteer Opportunities



Whether you are looking to donate your time, remain active, give back to the community, or are seeking to meet new people, there are opportunities for you to volunteer at the Norwalk Senior Center. Volunteers are needed to assist with various activities such as our weekday Nutrition Program, special events, stitching lap robes, Bingo program and overall support.

As a volunteer, you will enjoy monthly volunteer meetings (including trainings and socials), an annual volunteer recognition celebration, and the personal satisfaction that you have made a difference in your own life as well as in the life of the community.

Please call **929-5580** for further information, or stop by the Norwalk Senior Center and complete a volunteer application. We are waiting for you!

Supportive Services Program (SSP)*

Supportive services are available to Norwalk residents, age 60 years and older. These services assist clients with daily in-home assistance to help preserve and maintain their quality of life and to remain independent living in their home.

Case Management*

Norwalk residents, age 60 years and older, may be eligible for case management services. This service provides a personal assessment conducted by qualified social services staff to determine the types of comprehensive supportive services a senior at-risk may need. Supportive services are coordinated to address the specific needs for client safety and quality of life.



Norwalk Senior Center

Homemaking*

Homemaking services are available to frail/homebound, at-risk Norwalk residents, age 60 years and older. Homemaking services may provide for temporary assistance with house cleaning, laundry and meal preparation in the client's residence.

Personal Care*

Personal Care services are available to frail/homebound, at-risk Norwalk residents 60 years of age and older. Personal Care services provide clients with in-home care vital to the activities of daily living to promote an optimal quality of life and maintain in-home independent living.

Outreach*

The City of Norwalk, Social Services Department provides community outreach to seniors, 60 years of age and older. Social services staff is available to assist with the immediate needs of seniors and to coordinate supportive services. These services are available to seniors who may be homebound and/or who have limited financial resources.

Registry Services*

The Norwalk Senior Center maintains a registry of qualified in-home workers available for hire. The in-home workers are pre-screened and CPR/First Aid Certified. Social services staff is available to assist clients with the employment of an in-home worker.

*These services are free of Cost and funded by the Los Angeles Area Agency on Aging-Community and Senior Services. Please call **(562) 929-5580** for more information or to schedule an appointment with social services staff.

Home Delivered Meals

Home delivered meals are available for homebound seniors, age 60 and older. For information on eligibility and meal delivery, please call the Oldtimers Foundation at **(323) 582-6090 ext 223**.

Health Insurance Counseling & Advocacy Program (HICAP)

Every second and fourth Wednesday, 10:00 a.m. to 1:00 p.m. HICAP provides free, unbiased information from a trained volunteer for people on Medicare to help them make informed choices. Appointment required.

File of Life

This medical information packet is designed to provide emergency personnel with necessary medical data to begin immediate treatment. The File of Life is available to seniors age 60 and over at The Norwalk Senior Center. Appointment required.

Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's age 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling **929-5533**. Applications are also available at the Norwalk Senior Center and the Social Services Center.

Nutrition Van Service

Norwalk Transit System (NTS) provides Dial-A-Ride service to the Norwalk Senior Center Nutrition Program. If you are a Norwalk Dial-A-Ride patron and wish to have lunch Monday through Friday at the Senior Center, enroll in the Nutrition Van Service. You will not have to make appointments for your daily ride. Simply call Norwalk Transit only if you do not want to be picked up for lunch. Use of this service does not guarantee a meal. For more information, please call **929-5550**.

Bereavement Group

Join us if you have recently lost a loved one. Share with others who have experienced a loss and gain strength from those who are also dealing with their pain. Newcomers welcome.

Every Friday

10:00 – 11:00 a.m.

Cost: Free

(Sponsored by Low Cost Community Counseling Center.)

CAL Fresh Assistance

Do you have questions about Food Stamps? A representative from the Los Angeles Regional Food Bank will be here to provide you with program information and application completion!

Second Wednesday each month

9:00 a.m. – Noon

Cost: Free

Senior Home Repair Assistance Program

Staff from the Norwalk Community Development Department will be at the Norwalk Senior Center to provide information about the Home Repair Program and to assist with the filling out of the application. No appointment is necessary.

Fourth Wednesday of every month

10:00 a.m.

Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

September 4, 17, 26 • October 2, 15, 24 • November 6, 19

Tuesdays, Wednesdays and Thursdays, 9:30 a.m.

Cost: Free

(Sponsored by Apple Care, Health Net, and Pioneer Medical Group)

Norwalk Senior Center



Seminars / Screenings

The Senior Center hosts many seminars and screenings on a monthly basis.

Dental Screening

September 20, October 18, November 15

Friday, 10:00 a.m.

Cost: Free

(Sponsored by Northeast Dental)

Glucose Screening

September 12, October 10, November 14

Thursday, 10:00 a.m.

Cost: Free

(Sponsored by CareMore)

Neighborhood Watch

September 18 – Topic: Emergency Preparedness

Wednesday, 10:30 a.m.

November 20 – Topic: Safety Tips for Older Drivers

Cost: Free

(Sponsored by Norwalk Public Safety)

Norwalk Senior Center Library Service

Enjoy the convenience of checking out your favorite books without having to travel to the library. Anyone age 50 and older that uses the Norwalk Senior Center, and has a valid County of Los Angeles Public Library card is eligible for the program. If you do not have a library card; applications will be available during each visit for you to apply. Norwalk Library staff will deliver library materials to the Senior Center on the second and fourth Thursday of every month between the hours of 10:45 a.m. and 11:15 a.m. Returned materials will be picked up at the same time. For more information, contact the Norwalk Library at 868-0775 or the Norwalk Senior Center at 929-5580.

Senior Center Course Schedule

Session 5

August 26 – October 12

(Classes will not meet on Monday, September 2, in observance of Labor Day)

Session 5 Registration is currently being taken. Photo identification with proof of residency required for Norwalk residents.

Session 6

October 21 – December 7

(Classes will not meet on Monday, November 11, in observance of Veteran's Day, Thursday, November 28 & Friday, November 29, in observance of Thanksgiving.)

Session 6 Registration is Wednesday, October 9, at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

Fitness & Exercise

City Walkers

How about taking a walk with us! Taking 10,000 steps a day is recommended for good health. The City walkers meet three mornings a week at the Senior Center for 15 minutes of warm-up exercises followed by a brisk outdoor walk. Work out and enjoy the company of friends. Newcomers are always welcome.

Session 5

August 26 – October 11

(Class will not meet on Monday, September 2)

Session 6

October 21 – December 6

(Class will not meet on Monday, November 11 and Friday, November 29)

Monday, Wednesday & Friday 8:30 - 9:30 a.m.

Cost: Free/7 weeks (registration is required)

Tai Chi Chuan

This course introduces older adults to an exercise tradition that is neither vigorous nor strenuous. Some benefits of Tai Chi include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

Fall Session

August 19 – December 16

Monday, 1:00 – 2:30 p.m.

(Class will not meet on Monday, September 2 & November 11)

Cost: Free/ 18 weeks

Instructor: Layne (Sponsored by Cerritos College)

*New students may register at anytime with instructor's approval.



Gentle Stretch*

This is an easy and relaxing class designed to limber up and stretch your muscles. You will learn exercises to improve flexibility, balance and coordination. Please wear loose or stretch clothing.

Cost: \$10.00 for those age 55 and older/9 weeks

\$15.00 for those age 50-54/9 weeks

Fall Session: August 16 – October 18

October 25 – December 20

Fridays, 12:30 – 1:30 p.m.

(There will be no class on Friday, November 29)

Instructor: Baughman (Sponsored by Norwalk/La Mirada Unified Adult School)

*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District.



Norwalk Senior Center

Yoga Fitness*

Yoga balances the body, mind and spirit. Participants can expect positive improvements in health through stretching, strengthening and deep breathing exercises. Mats provided, or bring your own. Please wear loose or stretch clothing.

October 25 – December 20

Friday, 1:45-3:45 p.m.

Cost: \$20 for those age 55 and older/9 weeks

\$25 for those age 50-54/9 weeks

Fall Session: August 16 – October 18

(There will be no class on Friday, November 29)

Instructor: Baughman (Sponsored by Norwalk/La Mirada Unified Adult School)

*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District.

Yoga Stretch*

Here is an opportunity to develop core body strength by increasing the strength and flexibility of major muscled groups. You will increase range of motion and become balanced and centered in body, mind, and spirit.

Fall Session

August 19 – December 18

Mondays & Wednesdays

9:15 - 10:15 a.m.

(Class will not meet on Monday, September 2 and November 11)

Cost: Free/ 18 weeks

Instructor: Jackson

(Sponsored by Cerritos College)



Zumba

Zumba Fitness is a workout that modifies the movement and rhythm of zesty Latin music like salsa, merengue, cumbia and reggaeton with the exhilarating, easy to follow moves that suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that is friendly, and most of all, fun!

Session 5: August 31 – October 5 **Saturday, 11:00 – 11:50 a.m.**

Session 6: October 26 – November 30

Cost: \$20/6 weeks Norwalk Resident

\$30/6 weeks Non-resident

Instructor: Garcia

Dance

Line Dance

Come one, come all and start off your Saturday with a bang! You don't have to be a "dancer" to enjoy the fun and fitness of moving to the many steps and routines of Line Dancing - and you don't need a partner! The class is great for both newcomers and those with experience.

Easy

Session 5: August 31 – October 12

Saturday, 9:00 - 9:50 a.m.

Session 6: October 26 – December 7

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Intermediate*

Session 5: August 31 – October 12

Saturday, 10:00 - 10:50 a.m.

Session 6: October 26 – December 7

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe

Decorative Arts

Arts & Crafts

Come on Mondays and show us your creativity! New crafts made each week! This class is great for everyone, so come join the fun!

Session 5: August 26 – October 7

Mondays, 10:00 - 11:00 a.m.

(Class will not meet on Monday, September 2)

Session 6: October 21 – December 2, 2013

(Class will not meet on Monday, November 11)

Cost: Free

Instructor: Staff

China Painting*

You will learn how to adorn china using enamel, raised paste, and pen work. Students will learn how to hand paint landscapes, florals, and portraits. The class will also provide instruction in design and color theory.

Ongoing Class

Cost: Free

Instructor: Jones (Volunteer)

*New students may register at anytime with instructor's approval.



Friday, 9:30 a.m. - 1:00 p.m.

Norwalk Senior Center



Crochet

Learn to crochet and knit in a fun and friendly environment at an unbeatable price! This creative class is appropriate for the beginner and those with more experience. Learn different stitches and patterns, how to use basic tools and supplies, how to read patterns, and how to determine which yarns are ideal for your projects. Students must provide their own equipment and materials.

Session 5: August 28 – October 9 Wednesday, 9:00 - 11:00 a.m.

Session 6: October 23 – December 4

Cost: \$5.50/7 weeks Norwalk Resident

\$11 /7 weeks Non-Resident

Instructor: Gonzales/Canales

Swedish Weaving

This beautiful form of weaving dates back hundreds of years and adds special warmth to any home decor. Come learn, share ideas, and meet new friends, as you create beautiful Afghans and other home decorative items such as placemats, table runners, pillows, bags, armchair covers, and hand towels. This class meets continually throughout the year. Students must provide their own equipment and materials.

Ongoing Class

Monday, 1:00 - 4:00 p.m.

Cost: Free

Instructor: Volunteers

(There will be no class on Monday, September 2 and Monday, November 11.)

Quilting Social

Do you sew? Do you like making quilts? Then come down to our Quilting Social! Participants share ideas, timesaving tips, and discuss color theory, traditional and new patterns. Make new friends and work on individual projects. This group meets continually throughout the year. Participants must provide their own equipment and materials.

Ongoing Class

Tuesday, 12:30 - 4:30 p.m.

Cost: Free

Fine Arts

Piano Keyboard

This class is designed for anyone wishing to learn new skills or polish the skills they have. Games and rhythm exercises will be used to promote learning musical terms and to help students feel the beat. You will learn to read music and play at your own pace. Students will need the book "Alfred's Basic Adult Piano Course".

Ongoing Class

Tuesday, 9:00 – 11:00 a.m.

Cost: Free

Instructor: Gay (Volunteer)

Chorus*

If you enjoy singing the standards, show tunes, and holiday favorites then come join our class for a round of lively songs. Students will learn different styles of music while also learning correct posture and breathing for singing. During the year the chorus (known as the Norwalk Senior Serenaders) is often invited to perform at nursing homes in the community and at the Norwalk Senior Center.

Ongoing Class

Wednesday, 1:00 - 3:00 p.m.

Cost: Free

Instructor: Gay (Volunteer)

***New students may register at anytime with instructor's approval.**

Educational

The American Cultural Experience*

Are you interested in learning about what makes America the great country it is? Join us to study the significant historical events that transformed our great nation to a democracy. We'll study science, technology, health, literature, politics, art, and how these have shaped what we call the modern American experience.

Fall Session

August 22 – December 19

Thursday, 9:00 – 11:00 a.m.

Cost: Free/ 18 weeks

Instructor: Dr. Levy (Sponsored by Cerritos College)

***New students may register at anytime with instructor's approval.**

Memoir Writing*

Have you ever wanted to write your life's story? Have you been looking for the inspiration to get started? Come join this fun, interesting, and creative writing course. You will get to share thoughts and ideas with others while sharpening your writing skills.

Fall Session: August 22 – December 19 Thursday, 2:00 – 4:00 p.m.

Cost: Free/ 12 weeks

Instructor: Mansell (Sponsored by Cerritos College)

***New students may register anytime with instructor's approval.**

Computer Classes

Introduction to Personal Computers

Learn how a computer works, terminology, proper keyboarding techniques, and acquire an introduction to Microsoft Windows.

Session 5: August 27 – October 15

Tuesday, 2:30 – 4:30 p.m.

Cost: \$32.00/8 weeks Norwalk Resident & Non-Resident

Instructor: Fiske



Norwalk Senior Center

Intro to E-mail & Internet

In this class, you will gain a basic understanding of the internet, and email. Students will create an email account.

Session 6: October 22 – December 10 Tuesday, 2:30 – 4:30 p.m.

Cost: \$32.00/8 weeks Norwalk Resident & Non-Resident

Instructor: Fiske



Norwalk Social Services

11929 Alondra Boulevard • 929-5544



The Norwalk Social Services Center offers a range of emergency services to Norwalk residents in crisis circumstances. Our goal is to assist individuals and families whose own resources have been exhausted, stabilize their situation, and seek long-term solutions. Bilingual (Spanish) staff are available to assist.

Child Development Program - Cuidado de Niños:

The City is currently accepting applications for its free or low-cost child care program. This service is available to low-income working parents and/or current/terminated CalWorks participants. Local licensed day care facilities are utilized. For more information, please call **462-1713**.

Children's Dental Program - Programa Dental para Niños:

Low-Cost dental care is available to school age children, grades K through 12. This program is a cooperative effort between the City of Norwalk, Norwalk-La Mirada Unified School District, and the Children's Dental Clinic. Transportation is also available. For information, please call **929-5544**.

Counseling - Consejería:

Individual and family counseling services are provided by Low Cost Community Counseling to Norwalk residents every Friday 4:30 to 6:00 p.m. Se habla Español. Call **929-5544** for an appointment. Counseling services for children are provided by Community Family Guidance Center (Norwalk residents). Every Tuesday, 8:30 a.m. to 11:30 a.m. Se habla Español. Call **929-5544** for an appointment.

Dispute Resolution Program - Programa de Resolución De Conflictos:

The Social Services Center has a Dispute Resolution Program that can help you resolve tenant/landlord, consumer/merchant, small claims, business, and neighborhood disputes. Trained staff can help you settle your

dispute and save you time and money. It is free, easy, and only one phone call away. For more information, please call **929-5603**.

Job Announcement Board - Lista de Trabajos:

Come visit our Job Announcement Board that lists current entry-level job openings in Norwalk and surrounding areas. Located in the lobby of the Social Services Center, 11929 Alondra Boulevard, this free service is an excellent resource and convenient tool for both the job seeker and local businesses with employment opportunities.

Learn English - Aprenda Ingles:

Instruction in English (ESL) with literacy training in reading, writing, and language. Every Friday from 12:00 p.m. to 2:00 p.m. Provided by Lutheran Social Services free of charge.

Paralegal Services - Servicios Legales:

Free paralegal services are available to qualifying Norwalk residents. This service is provided by Community Legal Services, and bilingual staff is available. Every first and third Wednesday from Noon to 5:00 p.m. Call **929-5544** for screening and appointment.

Meal Program for Seniors - Programa de Comida para Personas Mayores:

Adults aged 60 and over are welcome to come enjoy a hot and hearty meal. Monday - Friday at 11:30 a.m. Suggested Donation: 60 yrs. and older \$2.25; Under 60 yrs. \$4.25. Call **929-5544** for more information.

Self-Help Support Groups

Self-Help Support Groups - Grupos de Ayuda:

Groups meet weekly at the Norwalk Social Services Center, 11929 Alondra Boulevard, to provide support, counseling, and information relating to various issues.

Alcoholics Anonymous (AA) - Alcohólicos Anónimos:

Meets Monday, Wednesday and Friday, 7:30 p.m. to 9:30 p.m. Spanish only.

Al-Anon - Al-Ano'n:

Support group for family and friends of alcoholics. Meets Tuesday, 7:00 p.m.-9:00 p.m., & Friday, 8:00 p.m. to 10:00 p.m. Spanish only.

Compulsive Eaters Anonymous (CEA) - Comedores Compulsivos:

Help and nutrition information to control and maintain your weight. Every Tuesday, 10:00 to 11:30 a.m., Spanish only. Every Thursday, 7:00 to 8:30 p.m., Spanish only.

Domestic Violence:

Court-mandated classes available. Provided by Low Cost Community Counseling. Every Wednesday, 6:00 to 8:00 p.m., English only. Call **868-9919** to register.

Neurotics Anonymous - Neuróticos Anónimos:

Mondays and Wednesdays, 7:00 to 9:00 p.m., Spanish only.

Women's Support Group:

Various issues discussed in small, confidential, and supportive group meetings. Provided by Low Cost Community Counseling. Every Thursday, 6:30 to 8:30 p.m., English only.